

Press Release

More Information: Steele Bremner, 545-3623

April 1, 2015

*For Immediate Release*

## Tibetan Monks Lead Guided Meditation at Waccamaw Library

On April 4<sup>th</sup> from 10 - 11:30 a.m., Tibetan Monks from the Drepung Gomang Monastery will lead a guided meditation for health, healing and peace at the Waccamaw Library at 41 St. Paul Place in Pawleys Island. The event is free, and participants are encouraged to bring a pillow to sit on.

The monks' visit is part of a five-day exploration into the sacred art of the mandala and Buddhist meditation. Beginning on Monday, March 30, the Franklin G. Burroughs-Simeon B. Chapin Art Museum will host the painstaking creation of a sand mandala by the monks. In keeping with Buddhist tradition, upon completion, the mandala will then be dispersed into the Atlantic Ocean in a ceremony of worldwide healing. There will also be guided meditations at Yoga In Common, in the Market Commons.

The monks' visit and work is being underwritten by Gabriella Plaza-Goldschmidt and Dr. Leonard Goldschmidt, Esq. of Pawleys Island.

Among the artistic traditions of Tantric Buddhism, that of painting with colored sand ranks as one of the most unique and exquisite. Millions of grains of sand are painstakingly laid into place on a flat platform over a period of days or weeks in geometric shapes and ancient spiritual symbols to form an intricate work of art called a mandala, a Sanskrit word meaning cosmogram or "world in harmony." Despite its intrinsic beauty, the mandala is created as a tool for re-consecrating the earth and its inhabitants.

"The Mandala ceremony is about creating spiritual harmony," said presenter Gabriella Plaza-Goldschmidt. "With all our concerns about armed conflicts around the world, and the degradation of our physical environment, we are all striving for that kind of harmonious existence. This is an extraordinary opportunity to experience an ancient ritual of reconciliation and healing, as well as to view the creation of an exquisite work of art."